ABSTRACT OF THE DISCLOSURE

Reverse link flow control in a high data rate network determines current reverse link data channel rates for access terminals served by a network sector to identify corresponding defined channel gains, which are used to rapidly and reliably estimate total sector interference on the reverse link. Total sector interference indicates reverse link capacity utilization, and when remaining capacity approaches a defined threshold, the sector sets an activity indicator to a busy state indicating reverse link congestion. This action causes at least some access terminals to reduce their reverse link data channel rate. Interference calculation techniques preferably involve baseband digital processing using defined channel gains, permitting rapid evaluation of reverse link capacity and quick, reliable activity indicator updating, which increases reverse link capacity utilization. These techniques may be applied to inter-sector control, wherein the reverse activity indicator status for one sector depends on interference in one or more other sectors.